

New System

As you may know most of our clinical records are now held on computer. Over the next year NHS Forth Valley are changing GP practices to a new clinical system. Alva Medical Practice is due to move in September 2010.

When we change over there will be disruption to our normal services for about a week. During this week, we may have to suspend pre-booked appointments with GPs and Nurses. However everyone who needs to see doctor or nurse will still be attended to. We will have access to all the records on our old system.

Plans will be made ahead of the changeover week, to make sure everyone who has medication on repeat has enough to keep them going during this time.

People with long term conditions may also be called in a bit earlier than usual for their health check.

We will keep everyone up to date with everything that happens via our notice boards, website and newsletters.

If you have any concerns about this change please contact Carol Broadfoot Practice Manager on 01259 760331

Patient Group News

The Patient Group has been meeting for nearly a year now. During that time the group has helped with the production of this newsletter and has advised the practice on many areas where patient input is useful.

If you would like to join the group please contact Carol Broadfoot at Alva health centre on 01259 760331

Our new Specialist Registrars

“I came to Alva in August 2009 as a Specialist Registrar. This is my last job before I qualify as a GP. I studied for my degree at King Edward Medical University in Pakistan. Following this I trained as a general surgeon and am a fellow of the college. I worked as a surgical doctor for a number of years in Glasgow and Stirling.

In 2007 I decided to concentrate on general practice and have enjoyed my year here, which is sadly about to come to an end in July. It has been a busy year but from a training point of view it is an excellent place to work. The staff here have looked after me very well.

I love to watch and play cricket and I thoroughly enjoy the summer in Scotland. The winter in Scotland is spent in the house as the winter here is dark and damp. If I get an opportunity I would love to work in Forth Valley as myself and my family love the area.”

Dr Little



Dr Masood



“I have been at Alva since February and I am thoroughly enjoying working with the practice.

I completed the University part of my training in Aberdeen before working with Stirling Royal Infirmary, and then in some of Glasgow’s hospitals.

My 6 months here in Alva forms part of my ongoing training in General Practice.

When not at work I can be found with a racquet in my hand or a ball at my feet.

Over the winter I took up snowboarding and I can not wait to get going with this again next winter.

For now though I hope to enjoy the summer months and look forward to meeting some of you over this time.”

Farewell Frances – Retiring after 34 years!



“When I started working in Alva Health Centre on 16/05/1976, I was the second youngest health visitor in Scotland. The rest as they say is history.

Thirty four years on, and it’s time to hang up the baby scales and reflect on all the changes that have taken place over the years.

The medical practice has grown and offers a wide range of services in Alva and Tullibody.

I have worked with a dedicated team and will miss the business of the Health Centre, but most of all I feel very privileged to have worked in the community.”

New Practice Nurse –Yvonne Allan

“I joined the practice in November 2009 as Lead Practice Nurse after relocating from England with my Scottish husband.

I am a nurse prescriber with many years experience of caring for people with long term conditions in the community, having been a practice nurse, heart failure specialist nurse and community matron.

Alva Medical Practice has an excellent team of nurses, each having a special interest in a specific disease area. In the next 12 months we will be focusing on reviewing how we deliver all aspects of nursing care to our patients.

Some patients will have noticed the introduction of a nurse triage system in an attempt to provide access to the most appropriate advice and treatment for our patients.

My evenings and weekends are spent wandering around the Scottish countryside which inspires my hobby of painting. Watch out for an exhibition of my work in Alloa this summer!”



Congratulations!

Marion Shillam, practice nurse recently achieved a Diploma in Asthma Management. Her next goal is to take on studies in Chronic Obstructive Airways Disease, which affects many of our patients.

The other member of the nursing team, Angela Cowan has recently received a Diploma in Management of Diabetes.





Braveheart

Braveheart is a health initiative that was set up to help people with heart problems back to full fitness. They are based in the new Clackmannanshire community healthcare centre Day therapy unit.

They run groups for all patients with any form of heart disease throughout Clackmannanshire.

The groups are run by trained local volunteers and meet every 3 weeks in various locations throughout the county. They are run on a self referral basis.

Recently appointed walking development

Officer, Jane McArdle is now based in the Braveheart office and can be contacted regarding any walking

enquires in Clackmannanshire. Jane will be running walks throughout the county and is also training new walk leaders.

To join the free walks or become a volunteer, contact Jane on 01259 290323

For more information please ask at the surgery or call May Richmond on 01259 290323

A Carer's story – Living with Multiple Sclerosis

Living with multiple sclerosis (MS) is hard not only for the person with the disease but for the partners, children and indeed anyone connected with the patient.

MS can be painful in different degrees and there is no cure as yet. It changes the personality of the MS sufferer from an active outgoing person to someone who is sometimes very demanding and even selfish.

Caring for a partner who has MS can be very difficult as sometimes you feel as though you have no life of your own. Some MS sufferers can be depressed but there are those who lead an active life. They fight back with a positive attitude as with other types of illness this can help with a better quality of life.

Scotland has the highest number of MS sufferers in the world. There is help available to sufferers and carers. Clackmannanshire in my opinion is good, ILS is there for personal care and the MECs emergency call out service is free in Clackmannanshire at the moment.

The MS society hold events from fun nights to Christmas dinner to raise awareness. The MS nurses at Falkirk hospital are very helpful and informative as they deal with different types of MS. If you care for someone, help and advice is available from the Princess Royal Carers Centre (see box) or from the MS Society.

MS Society Scotland. Contact Stirling branch via National Office

Telephone Number: 0131 335 4050

Website: www.ms-stirling.org.uk

The Princess Royal Trust, Carers Centre, Whins Resource Centre, Whins Road, Alloa, Tel: 01259 219288

Clackmannanshire Healthier Lives

Clackmannanshire Healthier Lives (CHL) is a community based programme that offers support and advice to people in Clackmannanshire to help them make changes that can improve their health and wellbeing.

The programme aims to help people improve their health and employability through assessments and tailored packages of support designed to meet clients' specific needs.

A full range of services is on offer from holistic health assessments, stress management and confidence building to how to increase your physical activity, support to stop smoking and healthier food shopping, cooking and dietary skills. These services are provided by a team of trained workers which includes Health and Wellbeing mentor, a Food Development worker, a Stop Smoking Support coach, Physical Activity Worker and Alcohol Workers.

The programme also works with a range of partnership organisations including Braveheart and Tullibody Healthy Living and Voluntary organisations. For more information please contact 01259 452209 or e-mail info@healthierlives.org.uk

Be safe on holiday

If you are traveling outside the UK, travel vaccinations and medications reduce your exposure to infectious diseases, including malaria, yellow fever, polio and hepatitis A. Travel health experts advise preparing for a trip four to six weeks before travel, especially if you require vaccinations. Your travel agent will advise if this is necessary.

If you think you might require travel vaccinations before your holiday you need to collect a travel vaccination form from the health centre. Once you have completed the form, hand it back in to reception and a nurse will decide if you need cover and contact you to discuss this. You may be charged for private prescriptions and administration of certain travel vaccinations. For more information on travelling abroad:

<http://www.nhs.uk/Livewell/TravelHealth/Pages/Travelhealthhome.aspx>



Hay fever

Hay fever is caused by pollen or spores. It is a condition where an allergic reaction makes the inside of your nose inflamed. It affects the nose, sinuses, throat and eyes and causes, sneezing, a runny nose, and itchy eyes and usually occurs in spring and summer, when there is more pollen in the air.



Antihistamine medication is the usual method of treatment. Other options which may help include closing windows, vacuuming and damp dusting as this will reduce the amount of pollen around you.

For help and advice contact your local pharmacist or GP.

Fun in the Sun

Your skin needs protection against the sun's harmful ultraviolet rays, whether you're at home or on holiday. Be SMART and

Spend time in the shade between 11am and 3pm.

Make sure you never burn.

Aim to cover up with a T-shirt, hat and sunglasses.

Remember to take extra care with children.

Then use factor 15+ sunscreen.

Take special care not to burn, and be very careful with children as sunburn in children can be very serious and also increase the risk of skin cancer in the future. Wear sunglasses and hats for extra protection against the sun. Drink plenty of fluids to prevent dehydration. Some symptoms of heat stroke are confusion, hallucinations, unconsciousness, palpitations, flushes and hot and dry skin. If you think someone has heat stroke, give them water to drink and cover them with a damp towel or sheet then seek medical advice. NHS 24 is available at all times and the telephone number is 08454 24 24 24. The website is: www.nhs24.com

